

## Carrot Souffle

### Ingredients

- Carrots
- Flour
- Baking Soda
- Salt
- Butter
- Milk
- Eggs
- Vanilla

### Process

- Put 2 bags of sliced frozen carrots in pot and bring to a boil. Simmer until tender and drain.
- Mash carrots in large mixing bowl.
- Mix the following with carrots:
  - Melted butter (1/2 cup)
  - Vanilla (1 tsp)
  - 3 eggs
  - Flour (3 tbs)
  - Salt (1/2 tsp)
  - Baking powder (1 tsp)
  - Sugar (3/4 cup)
- Spoon mixture into greased 2 qt baking dish.
- Bake at 350 for 45 minutes.

### Tips

- 1 pound of garden-fresh carrots are the best to use, slice and boil until tender then mash.
- Sugar amount can be adjusted to fit your nutritional needs. Carrots are super sweet on their own!
- This dish is best made just before serving. It is not as pretty when made ahead of time.
- These are the basic ingredients for a souffle. You can sub sweet potatoes, corn, spinach, or even left-over mixed veggies!